



Asthma

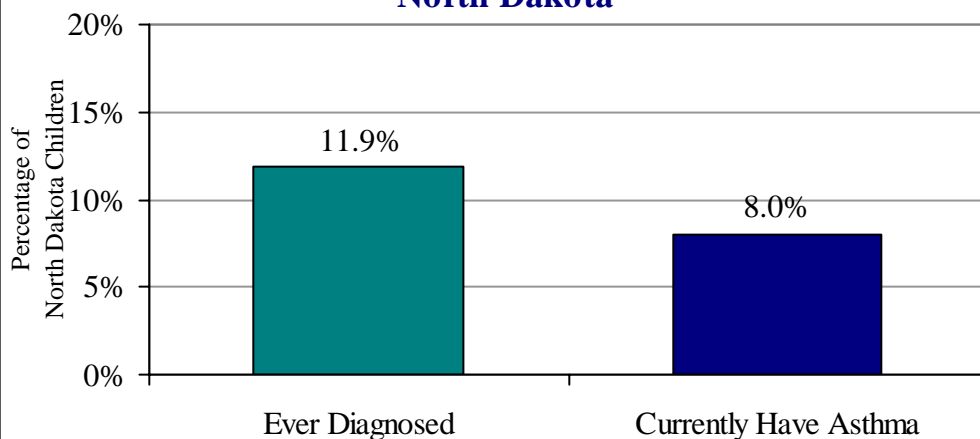
The Burden of Childhood Asthma

Asthma is a disease that affects the lungs. It is the most common long-term disease in children. Repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing characterize the disease. Asthma can be controlled by knowing the warning signs of an episode, avoiding things that trigger an episode, and following the advice of a health-care provider.

Well-controlled asthma results in decreased symptoms such as wheezing or coughing. Sleep is more restful and there is less absenteeism from work or school. Participation in physical activity is not limited and visits to the hospital or emergency room are unlikely.

Twelve percent of the children in North Dakota have ever been diagnosed with asthma, and 8 percent currently have asthma. This equates to approximately 11,000 children who currently have asthma. (2004 BRFSS)

**Prevalence of Childhood Asthma
North Dakota**

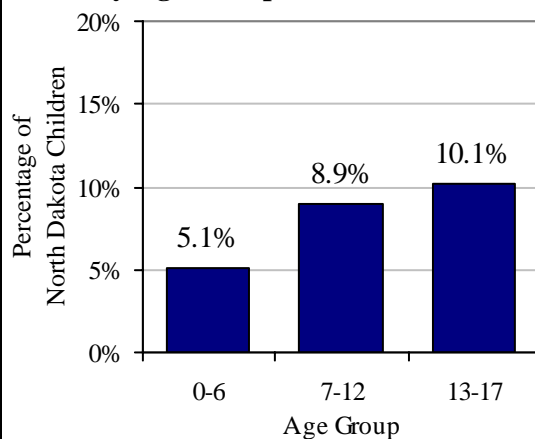


Age of Children with Asthma

Asthma is more common among teenagers than younger children.

The prevalence rate among teenagers is nearly twice as high as the rate for children ages birth through 6.

**Prevalence of Childhood Asthma
by Age Group - North Dakota**



Factors Related to Asthma

Asthma Triggers

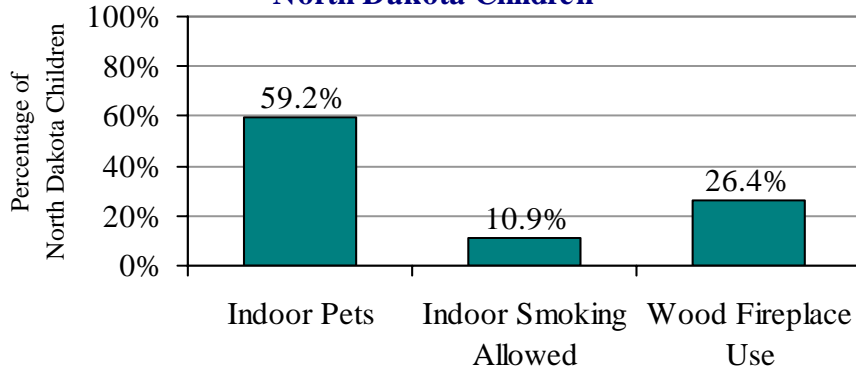
Many children with asthma are exposed to triggers in the home such as pets, tobacco smoke and wood burning fireplaces. Other common triggers in the home include dust mites and mold.

Outdoor air triggers include pollen, cold air and weather (wind, rain, etc.). Food allergies and exercise also can trigger an asthma episode. The ways in which children react to asthma triggers vary. Some children react to only a few triggers, others to many.

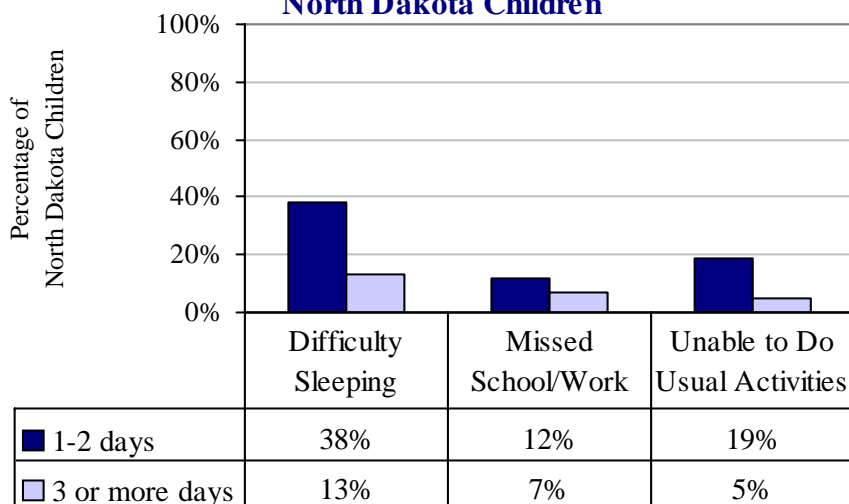
Asthma Problems

Many children with asthma experience difficulty sleeping, miss days of school or work, and are unable to participate in their usual activities. This chart shows the percentage of children with asthma who experienced these problems and the number of days these problems occurred in the 30 days prior to responding to the 2004 BRFSS survey.

**Exposure to Asthma Triggers in the Home
North Dakota Children**



**Problems Caused by Asthma in Past 30 Days
North Dakota Children**



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*Improving Health for All
North Dakotans*

The North Dakota State Asthma Workgroup strives to improve the health of adults and children with asthma in North Dakota. This workgroup focuses on four areas; data and surveillance, treatment, education and collaboration.

Primary prevention of asthma focuses on:

- * Exposure to asthma triggers.*
- * Indoor air quality.*
- * Outdoor air quality.*

Secondary prevention focuses on developing effective strategies to reduce the burden of asthma and on improving the quality of care provided by health-care systems.

North Dakota State Asthma Workgroup

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